

### **Abstract**

The present invention relates generally to the game of golf and golf accessories more particularly, to an alignment device for setting a player's stance. This invention relates to golf training devices and the method of using the devices. Specifically disclosed herein is a device for stabilizing a golfer's feet and stance while the golfer practices the swing. The device may be employed in the process of hitting a golf ball or executing a swinging motion of a golf club without actually contacting a golf ball or a golf ball being present.